

Little Harrowden Primary School

Learning for life in a caring environment



Wellbeing and SENCo

Newsletter

May 2022



Cosmic Kids

One of the tools that we use in school to support children with anxiety and their mental health is Cosmic Kids. This is something that could also be used at home to support children further. Cosmic Kids contains a mixture of Yoga, mindfulness and relaxation for kids. It provides interactive adventures which build strength, balance and confidence - and get kids into yoga and mindfulness early! You can find Cosmic Kids videos on their YouTube channel by following the link below:
<https://www.youtube.com/c/CosmicKidsYoga>



JUST BREATHE.

You are strong enough to handle your challenges, wise enough to find a solution to your problems, and capable enough to do whatever needs to be done.

— Lori Deschênes

Mental Health Support Team (MHST)

ASK NORMEN is the Northamptonshire mental health gateway. This site is for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire. This is for parents, professionals and other people working with children and young people are aware of local services, training and support materials. **ASK NORMEN** helps people to find further information and support.

<https://www.asknormen.co.uk/>



All About Northamptonshire Mental Health

MHST

Over the next few weeks, MHST (mental health support team) will be visiting Year 3 and Year 6 to run some workshops that will focus on thoughts, feelings and actions that can support them with positivity in school and at home. If you would like further information about this, please talk to Mrs Tibbs.



A Space for year 6s to year 9s

When? Every Thursday
7.15-8.15pm (term-time)

Where? Redwell School Sports Hall
Cost £1.50 (including craft)

Games, quizzes, tuck shop and loads of fun!!

Contact Rev Dawn on vicar@gleeanglicanchurch.co.uk or Sarah on hawes_atricia@yahoo.com
Visit us on Facebook or on our website <http://www.gleeanglicanchurch.co.uk>

If you are concerned about your child's progress or wellbeing:

- Speak to your child's class teacher.
- Speak to Mrs Tibbs if your concern is wellbeing.
- Speak to Mrs James if your concern is progress or special educational needs.

Every day, Mrs Tibbs, Mrs James and Mrs Foo are outside on the gates. Meetings can be made if needed by contacting the school office.

E-mails can also be sent to:

Mrs Tibbs:

lhps-fsw@lhps.inmat.org.uk

Mrs James:

lhps-senco@lhps.inmat.org.uk